

The Falmouth & Exeter Students' Union Advice Service

Money Worries & Budgeting

Book an appointment,
get in touch with us:

 01326 255861

 www.thesu.org.uk/advice

 advice@thesu.org.uk

 **THE** FALMOUTH & EXETER
STUDENTS' UNION

Debt and hardship can be a significant distraction from your studies and life generally. Achieving a sense of control over your financial circumstances will help alleviate any stress or anxiety that financial hardship might be causing you.

The information in the table below is intended to give you an indication of the type of costs you can expect to incur and their approximate amount. No two people's spending is identical, so keep in mind that it is only an indication.

To help you get a better understanding of your spending and how to manage it more effectively, download a student budgeting spreadsheet [here](#).

Item	Amount (£)	Note
Accommodation	6,200	Though will differ depending on accommodation option
Books & Equipment	300	Though will differ depending on course (e.g. field trips, course materials)
Food	1,120	Based on £35 x 32 weeks
Clubs & Societies	300	
Clothes	250	
TV Licence	150	
Travel Home	220	Depending on location of home
Toiletries/Haircuts	150	
Phone & Internet	250	
Social Life	1,120	Based on £35 x 32 weeks
House Deposit for Next Year	500	
TOTAL	10,560	

You're Not Alone

If you're worried about money, you're not alone – probably others are worried about their circumstances too. In addition, The Students' Union is here to help you.

Getting Advice

If you're concerned about your financial circumstances, if you're worried about some debts or just want some help with budgeting, you can get advice and support from an SU adviser.

We can help you prepare a budget. We can help you manage any debts. And, where appropriate, we can support you in trying to access some extra money to help you through a difficult time.

You can book an appointment with one of our advisers on our website.

Alternatively, email your enquiry to advice@thesu.org.uk